## TEMPLATE FOR PRACTICE WITH PUPILS

TITLE: **Counting Breaths.**

In meditation or mindfulness, the attention on the breathing is one of the main focus. This attention on the breathing, will to help us to become more present and connected to the present moment, the Here and Now that is happening, and will enable us to access inner resources that will help us to become balance and self- empowered.



 **SUGGESTED AGE GROUP**: All ages

**OBJECTIVES:**

1. Reduces stress and anxiety.
2. Favours self-control.
3. Helps emotional regulation.
4. Develops concentration and focus.

**WHEN TO IMPLEMENT THE PRACTICE DURING DIDACTIC PROCESS:**

It is a practice that can be integrated as a common routine at the beginning or at the end of the day. The more we practice, the more we’ll develop this connection with the body through the breathing and learn to self-regulate our emotions.

 **METHODOLOGY:**

*Mindfulness* applied in the school environment.

 **FORM OF WORK:**

It is an individual practice that can be done with the whole class.

 **NEEDED MATERIALS:**

You can put some very relaxing music on the back of the exercise if you want, or do it with out any music.

You can use a meditation bowl/ Buddhist plates, to mark the beginning and end of the activity. The sound of the bowl will help the class to go back to the present moment and the students will associated it with the state of meditation.

 **DESCRIPTION OF THE ACTIVITY:**

1. Sit in a chair or on the floor with you back straight and your body relaxed in a comfortable position, resting your hands gently on your knees.
2. Breath in naturally, and say 1 internally in your mind. Then breath out slowly and relax your feet and toes (you can describe more, to feel how the let go into the floor etc). Rise one finger when you finish, and wait for everyone before we go to the next breathing.
3. Breath in naturally and say 2 internally in your mind. Then, as you breathe out slowly, relax your legs. Rise two fingers.
4. Breath in again, and say 3 in silence in your mind. Then, as you breathe out, relax your tummy. Rise 3 fingers
5. Breath in again naturally, and say 4 in your mind. Then, as you breathe out, put the intention on relaxing your chest and lungs. Rise 4 fingers.
6. Breath in again slowly and say 5 in your mind. As your breath out, relax your hands and arms, feel how they get more relaxed. Rise 5 fingers.
7. Breath in slowly and count 6 in your mind. As you breathe out, relax your neck and you’ your shoulders. Feel how your muscles get each time more and more relaxed. Rise 1 finder again.
8. Breath in slowly and count 7 in your mind. Breath out and relax your head and your whole face, feel how all your head gets relaxed. Rise two fingers.
9. Breath in naturally as you count 8. And as you breathe out, go to a place in your body where you feel any contraction or tensions, or a place where you feel you need some care or relaxation. And breath out slowly in that part of your body. Rise 3 fingers.
10. Again, breath in naturally and count 9. Breath out slowly and relax your heart and open it to yourself. Rise 4 fingers.
11. Again, breath in naturally and count 10. Breath out slowly and relax your whole body, feet, legs, belly, hands, chest, neck head… relax all your body breathing out. Rise 5 fingers.
12. As you finish, you can slowly open your eyes and see around you, the room, other people that are with you.

**HOW TO EVALUATE THE ACTIVITY:**

Did you mind get quiet while you were counting breaths?

Did you feel relaxed?

How many breaths did it take you to feel relaxed?

Did your mind stayed quite or busy after you finished the meditation?

 **COMMENTS FOR IMPLEMENTATION**

Try to synchronize the class in the counting with their fingers.

For small children they can count only until 5.

* **Please add additional materials if needed, such as: schemes, templates or sth else if your activity requires it.**
* **Please add illustration if you have it. It can help to understand your idea by readers.**
* **Annex: brief introduction to meditation.**